

# SMART-MTA-TCU Wellness Program

## Make Time For Your Health

- ◆ Our Program offers a wide variety of programs that are focused on improving your overall health, at no cost to you!
- ◆ There is a Wellness Ambassador at all the divisions, to assist you in reaching all your health and wellness goals.
- ◆ The Wellness Program offers **FREE** screenings and educational seminars.
- ◆ There are various table topic discussions, events, and challenges all year-round!

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15999 Cypress Ave Irwindale, CA 91706

For more information, please contact your division's Ambassador or the Wellness Manager, Amy Calvin (626) 962-1762 or (213) 624-6487.



### Upcoming Events

- ◆ 1/27-4/21 **Metro Fit Club**- Looking to lose some of that extra quarantine weight? Sign up with for our weight loss challenge with your division Wellness Ambassador or contact Amy Calvin to participate virtually 626.962.1762 [wellnessevents@utu-mtatrustfund.com](mailto:wellnessevents@utu-mtatrustfund.com)
- ◆ 1/27- **Caloric Calculations**-Please see your Wellness Ambassador to calculate exactly how many calories you need to maintain your weight, lose 1lb. a week, lose 2lbs. a week, or how many calories you need to gain weight.
- ◆ 2/10- **Meal Preparation**- Visit with your Wellness Ambassador to learn how to meal prep in a healthy, easy, time managed way.

#### 5 Simple Weight Loss Tips:

1. Drink more water.
2. Adjust your portion sizes.
3. Lower your sugar intake.
4. Limit carbs to once per day.
5. No fast food.